

SELF – SOOTHING / GROUNDING TECHNIQUES

As children, when we were wounded or hurt, our parents or others soothed us.

Sometimes we were held, sometimes we were talked to, sometimes we just cried while someone sat and listened. Other times our parents distracted us by giving us a lollipop.

Interestingly, as adults, **we forget the art of self-soothing and grounding.**

We may not always know how things are going to turn out.

We will never have all the answers.

Even though this is true, it is possible for you to **Ground yourself** and **Get Present** any time.

This is important because when we are worried about the future, **it's because of our current anticipatory thoughts about the future, not because we're in imminent danger.**

Our brain does **not** know the difference between what we're imagining and what's really happening, so it's up to us to let it know what's really going on.

Grounding matters because with this skill, we can clear our mind, relax, and make decisions from love and connectedness, rather than fight/flight/fear, which breeds confidence.

That being said, there is no wrong space to make a decision from. Most people simply prefer to be in a loving space when they make big life decisions.



Below are some ideas to get your juices flowing on various grounding/self soothing techniques.

Touch. A hug from someone you love and feel safe with (maybe a child, good friend, spouse, parent). Taking a warm bath and cleaning your body.

Taste. Drinking a warm herbal tea while reminding yourself that you're going to be ok.

Smell. Lighting candles. Cooking nourishing food. Essential oils.

Sight. Lying outside and watching clouds float by. Noticing small movement in nature. Observing the present-mindedness of your children as they play. Sometimes watching a favorite show.

Sound. Listening to your favorite music. Playing your favorite instrument. Using a sound app to help you fall asleep.

Tip: Getting anything from the inside to the outside of your body can be a healing and therapeutic experience. Here are some more examples:

- Thought work (I go deeper into this in my 1-1 coaching program). Bringing thoughts driving you subconsciously to your awareness.
- Walking, running, or other forms of exercise.
- Journaling
- Crying
- Meditating (either guided or on your own), Tapping
- Finding a safe person to talk to, who can listen without trying to solve the problem. Serving (sometimes this can be a distraction from your pain, so pay attention to yourself, what feels like love for you?)
- Sleeping (be on to yourself if this becomes an avoidance technique)
- Laughing



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What resonated with you? What can you try today? What words can you use to remind yourself that you are ok in this moment? Moving forward, what feels like love?

